

# GREEN

## CHEST GUARD NEEDED

### BELT TESTING – WHITE UNIFORM ONLY

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Phone #: ( ) \_\_\_\_\_ - \_\_\_\_\_ Address: \_\_\_\_\_

Circle Your Training Location: TR / FR / BR / MID / HOW / CM / Y / J / OTHER \_\_\_\_\_

Are you a Black Belt Club Member? YES \_\_\_\_\_ NO \_\_\_\_\_ Belt Size: 00 – 0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 (circle one)

Special Information for the Judges \_\_\_\_\_

#### 5 POINTS - \_\_\_\_\_

\_\_\_\_\_ White Uniform \_\_\_\_\_ Chest & Shoulder Patches  
\_\_\_\_\_ Clean Uniform & Body \_\_\_\_\_ Belt tied properly

#### 15 POINTS - \_\_\_\_\_

\_\_\_\_\_ EQUIPMENT ( CHEST GUARD )

#### 20 POINTS - \_\_\_\_\_

#### BLOCKS & STANCES (Kids-stationary/Teens & Adults-stepping)

Horse stance with down block \_\_\_\_\_

Side stance with center block \_\_\_\_\_

Back stance with inward block \_\_\_\_\_

Cat stance with knife hand \_\_\_\_\_

Forward stance, chop & punch \_\_\_\_\_

#### 20 POINTS - \_\_\_\_\_

#### EIGHT POINT STAR – STRIKE & BLOCK

TECHNIQUE \_\_\_\_\_

BALANCE \_\_\_\_\_

POWER \_\_\_\_\_

SPEED \_\_\_\_\_

FOCUS \_\_\_\_\_

DEEP STANCES \_\_\_\_\_ RHYTHM \_\_\_\_\_

KNOWLEDGE \_\_\_\_\_ KEIA (YELL) \_\_\_\_\_

#### 20 POINTS - \_\_\_\_\_

#### HAPKIDO

CROSS GRAB \_\_\_\_\_

STRAIGHT GRAB \_\_\_\_\_

TWO HAND GRAB \_\_\_\_\_

SPEED \_\_\_\_\_

#### 10 POINTS - \_\_\_\_\_

#### BREAKING (FIST)

TECHNIQUE \_\_\_\_\_ FOCUS \_\_\_\_\_

CONCENTRATION \_\_\_\_\_ KEIAS \_\_\_\_\_

#### 10 POINTS - \_\_\_\_\_

#### CONTROLLED BACKHAND PUNCHING TO CHEST

TECHNIQUE \_\_\_\_\_ FOCUS \_\_\_\_\_

CONCENTRATION \_\_\_\_\_ KEIAS \_\_\_\_\_

#### PERFORMANCE SCORING

0                      ✓                      X  
NEED MORE WORK    GOOD            EXCELLENT

TOTAL SCORE ( PASSING = 70+ ) \_\_\_\_\_

JUDGED BY: \_\_\_\_\_

PROMOTION EXAM FEE: \$45.00

APPLICATION MUST BE HANDED IN BY: \_\_\_\_\_ RECEIVED BY: \_\_\_\_\_

